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MONTHLY

INDUSTRIAL NUTRITION SERVICE

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For employee publications, and individuals
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U. S. DEPARTMENT OF AGRICULTURE
Commodity Credit Corporation
Office of Supply

Industrial Feeding Section - 150 Broadway, New York 7, N.Y.

July, 1945

No. 9

To House Organ Editors

These articles can be included in your plant publication. Just select the items that will interest your readers!

For July it's a Salad...

Cool, crisp, colorful salads will become the food of the month in many industrial plants. They are the best offensive against jaded, mid-summer appetites, because they can be so refreshing and appetizing, so tempting to the eye and palate.

Salads are becoming increasingly popular with industrial workers. Now they should be liberally used because salad foods are in abundant supply. Cabbage, carrots, and tomatoes will be plentiful during July. Leaf lettuce, spinach, cucumbers, and green onions will be plentiful in most areas.

Salads help stretch ration points...

There is no need to ration salads. Furthermore, they may be used as a means of extending other foods that are short in supply. Ham, chicken, canned fish, and other scarce foods will go farther when they are combined in a salad plate with cabbage, celery, tomatoes, green peppers. Help to make your plant's ration points go

INDUSTRIAL FEEDING MANAGEMENT is off the press

This publication has been prepared by the Committee on the Nutrition of Industrial Workers of the National Research Council in collaboration with the War Food Administration. It discusses the principles of industrial feeding.

Fill out and return this
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Salads Stretch Ration Points (Cont.)

farther by choosing a cool, crisp vegetable or fruit salad or an appetizing salad plate with your meals at the plant.

Salads are good for you.....

Fresh fruit or vegetable salads pack a whale of a punch when it comes to the vitamins which are often lacking in our meals--vitamins A and C. Tomatoes are at the "head of the class" of all the salad vegetables in these vitamins. Carrots, like tomatoes, add color as well as food value to the raw vegetable salad. Greens--leaf lettuce, endive, chickory, watercress, spinach, and green peppers--are rich in vitamins. Translated into food value, a large bowl of salad greens provides the health protective vitamins A and C.

Among the fruits, citrus fruits, strawberries, cantaloups, honeydew melons, pineapples, apricots, and peaches make delicious, vitamin-rich salads. Peaches are in season during July. Get a liberal amount of health-giving vitamins A and C while these fruits are in season.

Choose a salad lunch....

If you would perk up your flagging appetite during the midsummer months, pick a crisp, colorful salad at your cafeteria counter. Choose a fruit or vegetable salad accompanying your main dish, or choose a cold plate which may be used in place of an entree. A satisfying, nutritious lunch may be subtletized around that cold plate by adding enriched bread or rolls, a beverage, and dessert.

Choose a substantial salad lunch at the plant cafeteria by following any one of the menu patterns given below. Each menu pattern is illustrated by a sample menu which shows how to select a lunch which will be delicious, nutritious, and satisfying.

<u>Menu Pattern</u>	<u>Sample Menu</u>
1. Soup (cream soup, chowder, split pea or bean soup) Salad Bread and butter Dessert Beverage	1. Vegetable chowder Stuffed egg salad Whole-wheat rolls with butter Peach cobbler Beverage
2. Citrus fruit or tomato juice Salad Sandwiches Dessert Beverage	2. Tomato juice Ham salad Peanut butter sandwiches Baked custard Beverage
3. Salad Potatoes Green or yellow vegetable Bread and butter Dessert Milk	3. Tuna fish salad Baked potato Summer squash Whole-wheat bread and butter Cherry pie Milk

Menu Pattern (Cont.)

4. Cold plate

Bread and butter
Dessert
Milk

Sample Menu (Cont.)

4. Cold plate:

Sliced luncheon meat
Cabbage and green pepper
salad
Potato salad
Biscuits with butter
Chocolate pudding
Milk

Food-on-the Job Here and There

A midwestern industrial plant uses a former night club to provide a cafeteria for its employees. No space was available in the plant area proper, so a nearby club was transformed into a feeding unit. Although there are only 240 seats in the cafeteria, a staggered lunch period enables the cafeteria to feed more than 1,100 workers.

It's Time to Can

Paul Stark, recently appointed Director of Home Food Supply, WFA, strongly urges everyone who has access to a plot of land to grow vegetables for home preservation. The need for victory garden tomatoes is especially great since the supply of commercially canned tomatoes is expected to be low this year.

"Peachy" Season for Canning--

26 million bushels of peaches are coming to market this year from ten southern states. This is an increase of about 65% over the 1934-43 average from this area.

Commercially canned fruit will be limited this year due to military requirements. Home canning of peaches will alleviate this short supply.

Five pounds of sugar will be adequate to can one bushel of peaches.

The U.S. Department of Agriculture has a very helpful pamphlet entitled "Home Canning of Fruits and Vegetables". Write to the Office of Supply, CCC, United States Department of Agriculture, 150 Broadway, New York 7, New York for a copy.

Starring Vitamin C

During the hot summer months, it is especially important that our diets be nutritionally adequate to strengthen our resistance to the heat. Fortunately, the fresh fruit and vegetable supply is greater in the summer, so that our daily requirements of vitamin C, a very important nutrient, can be supplied from a tempting variety of foods.

Group two of the Basic 7 Food Groups is the principal vitamin C group. It includes oranges, grapefruit and other citrus fruits and tomatoes.

Included, also, are raw cabbage and raw salad greens (chicory, dandelion greens, escarole, green and red peppers, lamb's quarters, leaf lettuce, parsley, water cress, etc.)

If foods in Group 2 are scarce, your daily vitamin C needs can be met by using more foods from Group 1 (green and yellow vegetables) and Group 3 (potatoes and other vegetables and fruits).

Vitamin C cannot be stored by the body. It is necessary, therefore, to include sources of vitamins in our diet every day.

Heat and air destroy vitamin C very quickly. That is why certain precautions must be taken in storing and preparing foods which contain this unstable vitamin:

1. Store raw fruits and vegetables at a low temperature. Leafy greens, citrus fruits, tomatoes and most other fruits should be refrigerated.
2. Fruit and vegetable juices and cut fruits and vegetables should be kept covered when stored.
3. Fruits to be squeezed for juice, and fruits and vegetables to be cut for salads should be so prepared just before serving. Shredded, diced and chopped fruits and vegetables lose their vitamin C content more quickly than fruits or vegetables left whole or cut into large pieces.
4. Cook fruits and vegetables whole and in their skins as often as possible. For example, potatoes steamed, boiled or baked in their jackets retain more vitamin C than potatoes that have been pared and cut into pieces before cooking.
5. Do not stir fruits or vegetables while they are cooking. This exposes food to the air and causes destruction of vitamin C.
6. Use the water in which fruits and vegetables have been cooked.

Why is vitamin C so important in the diet? Among other functions, it is needed (1) to strengthen the intercellular material of the body to prevent internal hemorrhages; (2) to keep teeth and gums in good condition; (3) to maintain good muscle tone; (4) to hasten the healing of wounds; (5) to prevent scurvy (this disease results from a serious deficiency of vitamin C).

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